



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01002, Butter, whipped, with salt

Report Date: June 22, 2017 12:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	16.72	--	0.053	16.36	17.06	2.0	16.464	16.979	1	Analytical or derived from analytical	--	02/2015
Energy	kcal	718	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kJ	3005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Protein ¹	g	0.49	--	0.008	0.45	0.57	2.0	0.456	0.525	1	Analytical or derived from analytical	--	02/2015
Total lipid (fat) ¹	g	78.30	--	0.228	76.85	80.41	5.0	77.703	78.889	1	Analytical or derived from analytical	--	02/2015
Ash ¹	g	1.62	--	0.026	1.47	1.75	6.0	1.557	1.683	1	Analytical or derived from analytical	--	02/2015
Carbohydrate, by difference	g	2.87	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1976
Sugars, total	g	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca ¹	mg	23	--	0.362	21	26	1.0	20.349	24.98	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1	mg	0.05	--	0.003	0.04	0.06	5.0	0.039	0.053	1	Analytical or derived from analytical	--	02/2015
Magnesium, Mg 1	mg	1	--	0.022	1	2	6.0	1.376	1.483	1	Analytical or derived from analytical	--	02/2015
Phosphorus, P 1	mg	24	--	0.252	23	26	1.0	21.156	26.091	1	Analytical or derived from analytical	--	02/2015
Potassium, K 1	mg	41	--	1.498	23	57	5.0	37.538	45.089	1	Analytical or derived from analytical	--	02/2015
Sodium, Na 1	mg	583	--	8.719	544	640	6.0	561.412	604.35	1	Analytical or derived from analytical	--	02/2015
Zinc, Zn 1	mg	0.05	--	0.002	0.04	0.06	6.0	0.042	0.052	1	Analytical or derived from analytical	--	11/1976
Copper, Cu 1	mg	0.010	--	0.001	0.01	0.02	3.0	0.008	0.012	1	Analytical or derived from analytical	--	02/2015
Manganese, Mn 1	mg	0.001	--	0.000	0	0	3.0	0.001	0.001	1	Analytical or derived from analytical	--	02/2015
Selenium, Se 1	µg	0.0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Fluoride, F 2 3 4	µg	2.8	--	0.674	1.5	3.8	2.0	-0.134	5.667	3	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin ¹	mg	0.007	--	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	02/2015
Riboflavin ¹	mg	0.064	--	0.019	0.04	0.15	3.0	0.001	0.128	1	Analytical or derived from analytical	--	02/2015
Niacin ¹	mg	0.022	--	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	02/2015
Pantothenic acid ¹	mg	0.097	--	0.000	0.09	0.1	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin B-6 ¹	mg	0.008	--	0.000	0.01	0.01	1.0	0.004	0.012	1	Analytical or derived from analytical	--	02/2015
Folate, total ¹	μg	4	--	--	4	4	--	--	--	1	Analytical or derived from analytical	--	02/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Folate, DFE	μg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Choline, total ⁵	mg	18.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine ⁵	mg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 ¹	µg	0.07	--	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2005
Vitamin A, RAE	µg	683	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Retinol ¹	µg	671	--	20.908	641	737	2.0	580.955	761.137	1	Analytical or derived from analytical	--	02/2015
Carotene, beta ¹	µg	135	--	8.550	120	171	1.0	66.879	202.968	1	Analytical or derived from analytical	--	02/2015
Carotene, alpha ¹	µg	1	--	0.718	0	3	1.0	-5.219	8.113	1	Analytical or derived from analytical	--	02/2015
Cryptoxanthin, beta ¹	µg	6	--	0.658	4	7	2.0	3.166	8.96	1	Analytical or derived from analytical	--	02/2015
Vitamin A, IU	IU	2468	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lycopene ¹	µg	0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin ¹	µg	13	--	1.954	10	16	1.0	-0.213	26.23	1	Analytical or derived from analytical	--	02/2015
Vitamin E (alpha-tocopherol) ¹	mg	1.37	--	0.101	1.03	1.73	2.0	0.964	1.773	1	Analytical or derived from analytical	--	02/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.07	--	0.008	0.04	0.13	2.0	0.041	0.108	1	Analytical or derived from analytical	--	02/2015
Tocopherol, gamma ¹	mg	0.08	--	0.028	0	0.18	3.0	-0.016	0.169	1	Analytical or derived from analytical	--	02/2015
Tocopherol, delta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Vitamin D2 (ergocalciferol) ¹	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D3 (cholecalciferol) ¹	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2015
Vitamin K (phylloquinone) ¹	µg	4.6	--	0.024	4.5	4.8	1.0	4.254	4.856	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	45.390	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
4:0 ¹	g	1.635	--	0.005	1.59	1.67	3.0	1.616	1.654	1	Analytical or derived from analytical	--	02/2015
6:0 ¹	g	1.373	--	0.004	1.34	1.4	5.0	1.363	1.384	1	Analytical or derived from analytical	--	02/2015
8:0 ¹	g	0.858	--	0.005	0.83	0.88	6.0	0.847	0.87	1	Analytical or derived from analytical	--	02/2015
10:0 ¹	g	2.039	--	0.016	1.93	2.1	6.0	1.998	2.079	1	Analytical or derived from analytical	--	02/2015
12:0 ¹	g	2.354	--	0.019	2.25	2.42	4.0	2.298	2.411	1	Analytical or derived from analytical	--	02/2015
14:0 ¹	g	7.515	--	0.034	7.32	7.62	1.0	7.283	7.747	1	Analytical or derived from analytical	--	02/2015
15:0 ¹	g	0.801	--	0.009	0.76	0.84	2.0	0.762	0.841	1	Analytical or derived from analytical	--	02/2015
16:0 ¹	g	20.531	--	0.139	19.68	21.09	2.0	19.839	21.223	1	Analytical or derived from analytical	--	02/2015
17:0 ¹	g	0.476	--	0.004	0.46	0.49	2.0	0.461	0.491	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 ¹	g	7.649	--	0.098	7.3	8.32	3.0	7.324	7.974	1	Analytical or derived from analytical	--	02/2015
20:0 ¹	g	0.106	--	0.002	0.1	0.12	5.0	0.102	0.11	1	Analytical or derived from analytical	--	02/2015
22:0 ¹	g	0.032	--	0.003	0	0.04	5.0	0.025	0.039	1	Analytical or derived from analytical	--	02/2015
24:0 ¹	g	0.021	--	0.000	0.02	0.02	6.0	0.02	0.021	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total monounsaturated	g	19.874	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
14:1 ¹	g	0.781	--	0.012	0.71	0.84	5.0	0.75	0.813	1	Analytical or derived from analytical	--	02/2015
15:1 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
16:1 undifferentiated ¹	g	1.417	--	0.028	1.15	1.57	6.0	1.347	1.486	1	Analytical or derived from analytical	--	02/2015
16:1 c ¹	g	1.170	--	0.029	0.91	1.32	6.0	1.098	1.242	1	Analytical or derived from analytical	--	02/2015
16:1 t ¹	g	0.246	--	0.004	0.23	0.27	4.0	0.236	0.257	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 ¹	g	0.152	--	0.003	0.14	0.17	3.0	0.144	0.161	1	Analytical or derived from analytical	--	02/2015
18:1 undifferentiated ¹	g	17.370	--	0.130	16.88	18.05	1.0	16.184	18.555	1	Analytical or derived from analytical	--	02/2015
18:1 c ¹	g	15.459	--	0.100	15.08	15.95	1.0	14.79	16.128	1	Analytical or derived from analytical	--	02/2015
18:1 t ¹	g	1.911	--	0.035	1.79	2.11	1.0	1.6	2.222	1	Analytical or derived from analytical	--	02/2015
20:1 ¹	g	0.147	--	0.002	0.14	0.16	4.0	0.141	0.154	1	Analytical or derived from analytical	--	02/2015
22:1 undifferentiated ¹	g	0.005	--	0.000	0	0.01	1.0	0.002	0.007	1	Analytical or derived from analytical	--	02/2015
22:1 c ¹	g	0.005	--	0.000	0	0.01	1.0	0.002	0.007	1	Analytical or derived from analytical	--	02/2015
22:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
24:1 c ¹	g	0.002	--	0.000	0	0	6.0	0.001	0.003	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total polyunsaturated	g	3.331	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated ¹	g	2.713	--	0.045	2.53	2.93	1.0	2.369	3.058	1	Analytical or derived from analytical	--	02/2015
18:2 n-6 c,c ¹	g	1.798	--	0.036	1.66	1.95	2.0	1.639	1.956	1	Analytical or derived from analytical	--	02/2015
18:2 CLAs ¹	g	0.413	--	0.007	0.39	0.47	5.0	0.395	0.43	1	Analytical or derived from analytical	--	02/2015
18:2 t not further defined ¹	g	0.503	--	0.009	0.47	0.56	1.0	0.444	0.562	1	Analytical or derived from analytical	--	02/2015
18:3 undifferentiated ¹	g	0.298	--	0.003	0.26	0.33	6.0	0.29	0.306	1	Analytical or derived from analytical	--	02/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.285	--	0.003	0.25	0.31	6.0	0.278	0.292	1	Analytical or derived from analytical	--	02/2015
18:3 n-6 c,c,c ¹	g	0.005	--	0.001	0	0.01	4.0	0.003	0.007	1	Analytical or derived from analytical	--	02/2015
18:3i ¹	g	0.008	--	0.001	0	0.01	5.0	0.006	0.01	1	Analytical or derived from analytical	--	02/2015
18:4 ¹	g	0.003	--	0.002	0	0.01	3.0	-0.002	0.008	1	Analytical or derived from analytical	--	02/2015
20:2 n-6 c,c ¹	g	0.016	--	0.000	0.01	0.02	5.0	0.015	0.016	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ¹	g	0.086	--	0.001	0.08	0.1	6.0	0.084	0.088	1	Analytical or derived from analytical	--	02/2015
20:3 n-6 ¹	g	0.081	--	0.001	0.08	0.09	4.0	0.078	0.084	1	Analytical or derived from analytical	--	02/2015
20:4 undifferentiated ¹	g	0.119	--	0.002	0.11	0.14	6.0	0.114	0.123	1	Analytical or derived from analytical	--	02/2015
20:5 n-3 (EPA) ¹	g	0.022	--	0.001	0.02	0.03	2.0	0.018	0.026	1	Analytical or derived from analytical	--	02/2015
22:4 ¹	g	0.020	--	0.001	0.02	0.02	2.0	0.018	0.023	1	Analytical or derived from analytical	--	02/2015
22:5 n-3 (DPA) ¹	g	0.045	--	0.000	0.04	0.05	2.0	0.044	0.046	1	Analytical or derived from analytical	--	02/2015
22:6 n-3 (DHA) ¹	g	0.003	--	0.000	0	0	3.0	0.002	0.003	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total trans	g	2.669	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total trans-monoenoic	g	2.157	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cholesterol ¹	mg	225	--	0.495	223	228	2.0	223.16	227.308	1	Analytical or derived from analytical	--	02/2015
Amino Acids													
Tryptophan	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Isoleucine	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Leucine	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Lysine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Methionine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Cystine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Phenylalanine	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Tyrosine	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Valine	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Arginine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Alanine	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Aspartic acid	g	0.064	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Glutamic acid	g	0.178	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Glycine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Proline	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Serine	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

²Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

³Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

⁴A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

⁵Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD